

Steamed Eggplant with Sesame and Green Onion

<http://userealbutter.com/2017/02/20/steamed-eggplant-sesame-green-onions-recipe/>
from *Plenty More* by Yotam Ottolenghi

2 medium eggplants, (totaling about 1.5 lbs.), topped and peeled
5 stalks green onions, thin diagonal slice
1 tbsp black and white sesame seeds, toasted

dressing

2 1/2 tsps mirin
1/2 tsp sesame oil
1 1/2 tsps soy sauce
2 1/2 tsps rice vinegar
1 1/2 tsps maple syrup
1/4 tsp salt
2 tsps fresh ginger, minced
1 clove garlic, crushed
salt

Fill a large pot (large enough to fit your steamer) 1/4 full of water over high heat. Bring the water to a boil. Set the steamer in the pot, making sure it isn't touching the water. Use a stand to keep the steamer out of the water if necessary. Place the eggplants in the steamer. Cover tightly with the lid and steam for 30 minutes, turning the eggplants over once halfway through the cooking time. Remove the steamer basket from the pot and allow the eggplants to cool and drain. Shred the eggplants by hand into long thin strips (about 1/4-inch wide) into a colander and let drain for another 20 minutes.

Mix the mirin, sesame oil, soy sauce, vinegar, maple syrup, and salt together in a small bowl. Stir the ginger and garlic into the dressing and set aside. Place the eggplant strips in a large bowl and gently toss with the dressing. Add the green onions and sesame seeds. Toss to mix. Let sit for 10 minutes, then serve. Serves 4.